



## Potatoes with cod fillet in mustard sauce - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Potatoes</b> <i>(75 g)</i>	3	Piece	75 g
<input type="checkbox"/>	<b>Fresh Cod Fillets, Skinless</b> <i>(100 g)</i>	1	Portion	100 g
<input type="checkbox"/>	<b>Mustard</b> <i>(10 g)</i>	2	Teaspoon	10 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Apple Cider Vinegar</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Parsley Leaves</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Grapes</b> <i>(70 g)</i>	1	Handfull	70 g
<input type="checkbox"/>	<b>Pear</b> <i>(130 g)</i>	1	Piece	130 g